



Base Bulletin

Vandenberg AFB, CA 93437-0759



27 October 2004

No. 43

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to publishing.vafb@vandenberg.af.mil or to Vandenberg Publishing on the Global or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCBP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

SECTION II — OFFICIAL

1. Team Vandenberg:

a. Quarterly Awards Luncheon: Get your tickets now!! The Quarterly Awards luncheon is Thursday, 28 Oct 04, at 1100, at the Pacific Coast Club. Contact your First Sergeant for tickets. (30SW/CCP, 6-3711)

b. Retirement Ceremony: Lt Col Chromy, Chief, 30th Space Wing Command Post, cordially invites you to attend a retirement ceremony honoring MSgt James D. Yancey, Superintendent, 30SW/CP, for his 21 years of dedicated service, on Thursday, 28 Oct 04, at 1500, at the PCC Warrior Room, reception to follow. Military Attire: Duty Uniform. Civilians: Civilian Attire. Please contact A1C Rhea Amante at 6-9961. (30SW/CP)

c. Retirement Ceremony: Lt Col Fredriksson, Commander, 614th Space Operations Squadron, cordially invites you to attend a retirement ceremony honoring TSgt Richard Stenberg for his 20 years of dedicated service, on Friday, 29 Oct 04, at 1500, at the PCC Warrior Room, reception to follow. Military Attire: Duty Uniform. Civilians: Civilian Attire. For more details, contact SSgt Scott Youngquist at 605-4858. Please RSVP NLT 28 Oct 04. (614SOPS/DOA)

d. Future Programs Briefing Rescheduled: The annual Future Programs Briefing has been rescheduled for Tuesday, 2 Nov 04, 1500, at Bldg 7025 (WROCC) Theater. This briefing is UNCLASSIFIED, designated "FOR OFFICIAL USE ONLY". Briefing is open to all interested government and support contractor personnel. For more information contact Rose Leventis at 5-2870. (30SW/XPR)

e. JPASO Scheduling Conference: The next quarterly Joint Pacific Area Scheduling Office (JPASO) Scheduling Conference will be held Thursday, 4 Nov 04, at 1000, in Bldg 7025 WROCC auditorium. There will be several range scheduling briefings planned with presentations by JPASO Pacific area range representatives including PMRF Barking Sands Hi, Naval Air Point Mugu CA, 22 Space Operations Squadron, Peterson AFB CO, Reagan Test Site U.S. Army Kwajalein Atoll and others discussing range instrumentation, maintenance, operations schedules and related topics. Contact is Rich Nocis at 6-8985. (2ROPS/DOUS)

f. Retiree Appreciation Day: A Retiree Appreciation Day will be held at the Pacific Coast Club 6 Nov 04. Registration is from 0730 to 0830. A full day of briefings will address the latest news on medical benefits and other matters pertaining to military retirees and their families. Free cholesterol screening, body-fat taping and optometry appointment scheduling will be available on-site. Team V personnel will also be available to update I.D. cards or vehicle registrations. Call 606-5474 for more information. (30MSG/CCIM)

g. Military Equal Opportunity (MEO): The Equal Opportunity and Treatment (EOT) complaint process is a means for military members, their families, and military retirees to present allegations of unlawful discrimination and sexual harassment to the offending party, someone in a position of authority, or both. When appropriate, complainants should be encouraged to resolve complaints informally before filing formal

TEAM VANDENBERG

complaints within supervisory and chain of command channels. For more details contact the 30th Space Wing MEO office at 6-0370. (30SW/ME)

h. PEGI Programs: Did you know the Air Force Productivity Enhancing Capital Investment (PECI) Programs help conserve critical Air Force resources, enhance unit capability, and improve combat readiness? And that these opportunities to enhance quality and productivity are financed through two self-sustaining PEGI Programs: The Fast Payback Capital Investment Program (FASCAP) and the Productivity Investment Fund (PIF)? FASCAP provides funds to purchase cost-saving, readily available, off-the-shelf equipment. These projects are managed and funded by MAJCOM, have a \$200,000 ceiling and must generate direct savings to repay investment costs within 2 years. The PIF Program lets organizations compete for self-sustaining funds to finance capital investments in equipment and facilities over \$200,000 that can amortize through savings within 4 years. Need more information/details about the PEGI Programs? Please call Mary Ann Simmons, 30MSS/MOF, 5-6460, or reference the 2 Feb 04, AFI38-301 on the PEGI Program or the AF PEGI website: <https://www.dp.hq.af.mil/dpm/peci/> (30MSS/MOF)

i. Volunteers Needed: Volunteers are needed for the upcoming Volunteer Income Tax Assistance (VITA) program on Vandenberg AFB. No prior experience is required. As members of the VITA Team, volunteers are trained in the computerized preparation and electronic filing of income tax returns. Once trained, they are then called upon to provide income tax assistance to the Vandenberg Air Force base military community during the tax season. Military retired and civilian volunteers are encouraged to volunteer their free time to work. Training, starting in January, is provided for preparation of Federal and California returns. If you are interested in helping your active duty and retired military community, please call 6-3650 for further information. (30SW/JA)

j. Base Off Road Vehicle (ORV) Course: The ORV course on base is provided for the morale, welfare and recreation of our military members, their dependents and retirees. In the last few months, we have seen an increase in the amount of riders using the course, many of whom are either unauthorized patrons, or aren't meeting the requirements posted on the signs located at entry points of the ORV area. For those who've been approached to sponsor non-eligible persons, please remember that culpability and risk to your good military status rises dramatically whenever unauthorized persons are sponsored on base and allowed to use base property. Like any good thing, value the privileges you have by complying with the regulations. Contact is: Doug Harmon at 6-8805. (30SW/SE)

k. Airmen Against Drunk Driving (AADD): Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

2. 30th Space Communications Squadron: (30SCS)

a. Base Bulletin Submissions: Please limit the size of your articles to eight lines per Official Section II and/or Unofficial Section III submission and two lines per Unofficial Section III - Items for Sale submission. We will work closely with you to present your information in the best possible manner. Thank you for your continued support. Contact us at 6-7894 or by e-mail at [Vandenberg Publishing](#) for all of your official Base Bulletin requirements. (30SCS/SCBP)

b. Air Force Publications: According to AFI33-360VI all official Air Force publications must be processed through Base Publishing Management with the required coordination or they will have no legal authority. AFI33-360V1 states in Paragraph 1.2 .."They are produced under controlled procedures that ensure coordination, review, certification, and approval, and are maintained in an official record set (Attachment 2) to meet historical and legal requirements." Please contact us at 6-7894 or by e-mail at [Vandenberg Publishing](#) for all of your official base publishing requirements. (30SCS/SCBP)

c. EMSEC, COMPUSEC, IAAP, COMSEC, Network Security? Find out more on the Air Force Space Command (AFSPC) Information Assurance web page at <https://halfway.peterson.af.mil/infoassurance/>. (30SCS/SCBI, 5-2352)

3. Traffic Management Office: (30LRS)

a. Attention TMO Customers: If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Please contact SSgt Soria, 6-0906. (30LRS/LGRT)

b. Separating, Retiring or PCSing? PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the

earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

4. Military Personnel Flight: (30MSS/DPMP)

a. Military Personnel Flight (MPF) Customer Walk-in Hours: The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office walk-in hours are from 0900—1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-7719. (30MSS/DPM1)

b. MPF Weekly: For the most current Military Personnel Flight (MPF) information, please check out the *MPF Weekly*. The 22 Oct 04 edition of *MPF Weekly* is now posted on the Vandenberg Intranet, link: https://intranet.vandenberg.af.mil/organization/30msg/30MSS/mpf/mpf_weekly/2004_archive/oct-04-22.doc. (30MSS/DPM)

5. Civilian Personnel Flight: (30MSS/DPCE)

Federal Employees Health Benefits Open Season: The 2004 Federal Employees Health Benefits (FEHB) Open Season health fair will be held on 3 Nov 04, from **0900 until 1400**, at the Education Office Student Lounge, Building 14002, 144 Wyoming Ave. During open season, 8 Nov 04 through 13 Dec 04, eligible employees may enroll in a health insurance plan for the first time, or make desired changes in current enrollments by contacting the Benefits and Entitlements Service Team at 1-800-616-3775, or at this web site www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm to give Federal employees more options that empower personal decision making and maximize their ability to put more of their hard-earned dollars to work for their needs and those of their families, 18 High-Deductible Health Plans (HDHP), both local and national, will be offered by the Federal Employees Health Benefits (FEHB) Program in 2005. These health plans, together with a Health Saving Account (HSA) or a Health Reimbursement Arrangement (HRA) provide a tax advantaged savings vehicle for paying for your medical expenses. More information will be provided in conjunction with the beginning of the open season. (30MSS/DPCE, 6-5847)

6. 30th Medical Group: (30MDG, 6-7440)

a. Clinic Closure: The Vandenberg Clinic will be closed 28 Oct 04, for Mandatory Medical Readiness Training. For urgent needs please call 606-CARE or 888-252-3299. Please plan ahead for appointments and pharmacy refills. For more information contact Capt Clemens at 6-7440.

b. Glasses for the Deployed: Reminder: if you are deploying in the next few months and wear glasses, please ensure that you have up to date glasses and gas mask inserts. If you need to order glasses/gas mask inserts, please stop by the 30MDG Optometry Clinic with your medical record, or call 6-0468 for an eye exam.

c. Service Delivery Assessment (SDA): At the end of October, the 30th Medical Group at Vandenberg will be implementing a new process for obtaining timely feedback from our patients about their outpatient visits. An authorized individual from SDA will be telephonically contacting patients to obtain feedback on the quality of the medical services they received recently. Randomly selected patients will be called within a few days after their medical visit between the hours of 1700—2000, Monday through Friday (except holidays), and asked seven simple questions. The caller does not have access to any personal medical information nor will patients be requested to provide such information. Col Greg Allen, 30MDG Commander, stated that “SDA telephone customer satisfaction surveys have been extremely well received by patients around the Air Force and I look forward to the feedback we receive from our Vandenberg patients.” In order for the Medical Clinic to ensure that all needs and expectations are met here at Vandenberg, full participation is encouraged. If you have questions, please contact TSgt April Blake at 6-1846.

d. Influenza Prevention and Vaccination Guidance: Influenza vaccination has NOT arrived on base, and will be distributed in accordance with official guidance. The high-risk groups on Vandenberg will be notified by the Medical Group, so please be patient and DO NOT go to or call the immunization clinic to ask about shot availability. Almost half of the nation's flu vaccine will not be delivered this year due to a manufacturing shortfall. It is highly likely that many healthy individuals will have to forego or defer vaccination this season. In view of the current shortage, the DoD 2004-2005 Flu Vaccine Policy Guidance gives priority to: A) Deployed or deploying (with orders) service members and others designated as critical to national defense and B) Medically high risk groups to include: 1) All children aged 6-23 months. 2) Adults 65 years and older. 3) Persons aged 2-64 years with underlying chronic medical conditions. 4) All women who will be pregnant during the influenza season. 5) Residents of nursing homes and long-term care facilities. 6) Children aged 6 months-18 years on chronic aspirin therapy. 7) Health-care workers involved in

direct patient care. 8) Out-of-home caregivers and household contacts of children aged less than 6 months. The Centers for Disease Control and Prevention recommend these simple actions that are proven to stop the spread of germs and help protect you from getting sick: Cover your mouth and nose when sneezing, minimizing the spread of germs, and sneeze/cough into your sleeve *not* your hands. Wash your hands *often*, to help protect you from germs. Avoid touching your eyes, nose, or mouth. Avoid close contact with people who are sick and try to stay home when you are sick. Get plenty of sleep, be physically active, manage your stress, drink water and eat a healthy diet. Symptoms of influenza: Fever over 100.4 F, severe body aches, sudden and severe headache, chills, sore throat, coughing, sneezing, runny nose, tiredness, and weakness. You should seek medical attention when your fever is not responding to over-the-counter medications, you feel listless, cannot keep fluids down or are having difficulty breathing. If symptoms do not improve after 72 hours or worsen suddenly, please call your primary Health Care Provider. For further questions, listings for the Public Health Depts. are as follows: Vandenberg Public Health Office at 606-4529/0648, Lompoc Health Dept. at 737-6441 or Santa Maria Health Dept. at 346-8410. (30MDG/SGP)

7. 30th Security Forces Squadron: (30SFS/SFOS, 5-0792)

a. Installation Entry Gate Hours: The Santa Maria, Solvang, South and Timber Lane Gates are open 24 hours a day. The Utah Gate is open from 0600—2200, Monday thru Sunday. The Lompoc Gate is open from 0600—1900, Monday thru Sunday. The Titan gate is open from 0600—0900 and 1500—1800, Monday through Friday. (30SFS/SFOC, 6-3911)

b. Neighborhood Watch Program: This program is run by you and designed to help ensure a safe and secure neighborhood. If interested in starting this program in your area call 5-0792. (30SFS/SFOS)

8. 30th Civil Engineering Squadron: (30CES)

a. Attention All Facility Managers: Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call A1C Rodriguez at 6-3152 or CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conference room. (30CES/CEOFP, 6-0010)

b. Lawn/Garage/Carport Sales: Lawn/garage/carport sales are permitted twice a year and just prior to termination of your home. Limit sales to daylight hours only and no more than three consecutive days. You may display no more than 2 signs each up to four-foot square on your property to advertise the sale. Display the signs only during the hours of the sale. Signs must be removed at the end of each day of the sale. Refrain from posting any signs on telephone or power poles, street light poles, street signs, trees, mailboxes, or fire hydrants. Do not leave unsold items outside in front of your home after the sale. (30CES/CEH, 6-3477)

9. Air Force Reserves: (30MSS/ISR)

Briefing: The next Air Force Reserve briefing is 9 Nov 04, at 1300, in Bldg 11777, Rm C-206. If you are interested in applying for this program, you must contact MSgt Brenda Kartheiser to schedule a briefing. (AF Reserve Recruiter, 6-2704)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Karen L. Dean
Chief, Publishing Management

SECTION III — UNOFFICIAL**General Information:**

a. Base Theater Marquee: The following movies will be shown at the Base Theater, Bldg 13750, 29—31 Oct 04. Call 6-5565 for movie information or e-mail Vanessa Probert at ProbertV@aafes.com. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	29 Oct 04	Hero	PG-13	1830	1900
Friday	29 Oct 04	Exorcist: The Beginning	R	2130	2200
Saturday	30 Oct 04	Spy Captain and the World of Tomorrow	PG	1330	1400
Sunday	31 Oct 04	Wimbledon	PG-13	1330	1400

b. Food Service Events: For more details contact SSgt Bethany Lopez at 6-5496. (30SVS/SVMF)

Day	Date	Event	Start Time	Location(s)
Sunday	31 Oct 04	Halloween Meal	1100	Beachcomber
Wednesday	3 Nov 04	National Sandwich Day	1100 & 1630	Beachcomber
Friday	5 Nov 04	Aviation History Month Meal	1100	Beachcomber

c. Free! White plastic patio tables and chairs for your organization. Unaccompanied Housing is giving away our surplus of patio furniture. First come first served. Please call Dorm Mgmt at 605-2048. (30MSG/CCH)

d. Air and Space Show Mixer: The 2004 Western Air and Space Show Performers Mixer, will be held at the Pacific Coast Club, Ball Room, on Friday, 29 Oct 04, at 1800. This is a chance to mingle with, meet and welcome the show performers. This free event is open to all Team Vandenberg. (30OSS/OSOC)

e. Halloween Haunted Trail 2004: If you want to be really scared and have fun doing it, come out to the now infamous Eighth Annual Halloween Haunted Trail hosted by the 30LRS Booster Club. Prepare to be scared Friday, Saturday and Sunday, 29-31 Oct 04, from 1800—2330. It's an experience you will never forget! The Halloween Haunted Trail starts at Washington Ave and Airfield Road. Beverages and baked goods will be sold at the trail entrance. Appropriate footwear must be worn. Entrance fee to the Halloween Haunted Trail is \$4.00 per person, per trip, if you dare. For more details call SrA Acosta at 6-6223. (30LRS/LGRVOS)

f. Annual Pumpkin Patch: The Annual Pumpkin Patch hosted by the 30th Security Forces Squadron PeaceKeeper Association, will run until 29 Oct 04 located in the field next to 30SFS Parking Lot, Bldg 13675, from 1000—1900 on weekends and from 1600-2000 on weeknights. (30SFS/SSFOC, 5-2585)

g. General Membership Meeting: The Vandenberg African-American Association general membership meeting is Thursday, 4 Nov 2004, at 1130 at the Base Library in Conference Room A. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact MSgt D. King or SrA Nurse. POC: MSgt Dexter King 532 TRS/DO 6-5551 or SrA Nurse 30 CPTS/FMFC 6-4606. (2SLS/MAFD)

h. Blood Drive and Bone Marrow Donor List Recruitment: The 30 LCG is hosting this event for the base, to be held at the Education Center Student Lounge on 5 Nov 04, from 0900—1300. The holidays are always a hard time for the blood banks because receive fewer donations in these months. With all of the recent hurricanes, our help is essential to help replenish the blood supply. Additionally, you will have the opportunity to be registered on the DoD Marrow Donor List. Please consider donating blood, being registered on the Marrow Donor List, or both. Contact Lt Kate Cantu at 6-1137 with any questions. (30LCG/1 ASTS)

i. Operation Kids' Christmas Needs Volunteers Now: Operation Kids' Christmas needs volunteers for the following jobs: Escorting the children during the party, setting up the ballroom in the PCC, serving lunch to the kids, cleaning up after the party, and food basket delivery. To volunteer contact: Capt Lever, 6-5840, charles.lever@vandenberg.af.mil (best if you volunteer by e-mail). Please include in the subject of your e-mail whether you'd like to help as a volunteer or an escort. The party will be Saturday, 4 Dec 04, at the Pacific Coast Club. Set up will start at 0700, escorts should arrive at 0900 in Service Dress. The party will run from 1000—1300, and clean-up will start at 1300. (392TRS/DOC)

j. Black and White Ball: Mosaic Lodge #109 cordially invites you to attend their Annual Black and White Ball on Saturday, 6 Nov 04 at 1800 at the Vandenberg AFB Pacific Coast Club. Dress: Formal. Cost: \$30 singles/\$50 couples. RSVP by 1 Nov 04 to Billy Phelps at 735-8995 or Lt Wright at 735-7239. (2SLS/MAFD)

k. Attention Military Personnel Assigned to Vandenberg: You can book 30 days ahead for the Thanksgiving and Christmas holidays and may confirm stays up to 10 days in VQ quarters for only \$28.50 per night, during the period 5 Nov 04—5 Jan 05. This offer is for the friends and relatives of military personnel assigned to this base. Call Mike Green, 5-7831/6-1844, for 0-6/above, call 6-3711. (30SVS/SVML)

l. Going To A Holiday Party? Spend the night a Lodging for only \$28.50 per night. You may book a VQ, 30 days in advance for your party night. To be eligible you must be active duty military/retired military or civilian (DOD) on active duty. Offers expires 5 Jan 05. Call Mike Green at 5-7831/6-1844. (30SVS/SVML)

m. General Membership Meeting: The Vandenberg AFB/Central Coast Chapter of Tuskegee Airmen Inc. general membership meeting is Thursday, 18 Nov 2004 at 1200 at the PCC in the Enlisted Heritage Quiet Room. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact Lt Ike Wright at 5-4910 or Capt John Lofton at 6-6621. (2SLS/MAFD)

n. Health and Safety Courses: American Red Cross Santa Barbara County Chapter class for fee schedule includes: Community First Aid & Safety, Course Fee: \$50, Standard First Aid and Infant/Child CPR (32408) Course Fee: \$50, Community CPR (32421) Course Fee: \$40, Adult CPR (32420) Course Fee: \$25, First Aid (32401), Course Fee: \$25, Babysitters Training (31400) Course Fee: \$25/35 and more. Call for details and to pre-register Santa Maria Valley District Office at 928-0778 or Lompoc Valley District Office at 736-5110. (ARC)

o. Free Disaster Classes: The American Red Cross Santa Barbara County Chapter, Santa Maria location is offering free Disaster Training classes to include: Shelter Operations, Shelter Simulation, Disaster Assessment, Providing Emergency Assistance to Families, and Disaster Action Team (DAT) Workshop. Call 928-0778 or e-mail: disaster@sbaco-redcross.org for more details. (ARC)

p. Moms, Pops & Tots: A new base group sponsored by the all-ranks Vandenberg Spouses' Club, we are geared towards spouses with children ages 0-5. The playgroup meets at the Fitness Center Annex every Tuesday, from 0930—1130. The Fitness Center Annex is on Wyoming Street across from the commissary. A small snack is provided so bring your sippy cups. Lots of toys and room to run! This group is meant to be informal & meet your needs. Also includes field trips, speakers and holiday parties. For details call Linda Benz, 734-2448/e-mail: benz3.0@netzero.com.

q. Looking for a Volunteer Organization To Share With Your Children? If you're interested in a worthwhile volunteer program for your son or daughter, Civil Air Patrol may be exactly what you've been looking for! CAP's cadet program has more than 27,000 members, ages 12 to 20, throughout the nation. Parents of cadets credit our program with communicating to their children the importance of personal integrity, accountability, self-discipline and respect for others. Because CAP includes both cadet and senior members, this can be an outstanding volunteer activity for your whole family. You can work together to serve your local community, learn new skills and share a common commitment to making our nation stronger and more secure. Contact the Squadron Commander, Lt Col Erich Schatzle, at 5-3015 or via e-mail: sq101@cawg.cap.gov. Stop by a meeting Wednesday nights, 1830—2100, 1st & 3rd weeks at Bldg 9360 and 2nd & 4th weeks at Santa Maria Airport. Also check us out on the web at <http://www.cap.gov>. (CAP)

r. Attention All Motorcycle Enthusiasts: Searching for any and all personnel interested in putting together a club for the Off Road Vehicle (ORV) area. The tracks and trails that we have available to us on Vandenberg are a blessing to any off road rider. I want to create a club that will perform weekly maintenance and clean up of the tracks and trails. This is an excellent opportunity to make these tracks as good as any other in California. If you are interested, please e-mail Aaron.Mcclellan@vandenberg.af.mil, or call 6-7742.

Health And Wellness Center: (30MDG/HAWC, 6-2221)

a. Breastfeeding/Child Care and Prenatal/Postpartum Exercise Education: The HAWC offers several in-depth books and videos which cover everything from your baby's health to your health, including exercising during your pregnancy. Come in during our duty hours to view the videos or pick-up informative books.

b. Risk Reduction Series for Cholesterol, Diabetes and Blood Pressure Education: Weekly classes, Thursdays 1300—1500, instructed by a Registered Dietitian and Diet Technician. Topics covered include: Diabetes Life Style and Meal Planning, Cholesterol Risk and Heart Healthy Eating, High Blood Pressure Education and the DASH Diet. 1st Thursday of the month is Diabetes, 2nd Thursday, Cholesterol, and the 3rd Thursday is the High Blood Pressure Ed. The follow up classes are also on Thursdays from 1200—1300.

c. New To The HAWC: The Gastric Bypass Support Group is a peer support group for individuals who have had or are interested in learning more about bariatric weight loss surgery. Meets in the HAWC conference room the last Monday of each month at 1900—2000. Contact Mrs. Randee VanNess at 734-3311.

Chapel: (30SW/HC, 6-5773)

a. Worship Schedule: For all holiday weekends, the Vandenberg Chapel will have one Protestant Service on Sunday at 1130 at Chapel 1.

Catholic Mass:	Saturday	1700	Chapel 2	Regular Protestant Services:			
Confessions	Saturday	1615—1645	Chapel 2	Praise & Worship	Sunday	0830	Chapel 2
Mass	Sunday	1000	Chapel 1	Gospel	Sunday	1130	Chapel 2
Daily Mass	Mon-Fri	1130	Chapel 2	Traditional	Sunday	1130	Chapel 1

b. Vandenberg Jewish Community Classes: The Vandenberg Jewish Community is offering the following classes: Children's Hebrew and Bar Mitzvah classes, adult Hebrew and religion classes. Classes are held

every Tuesday night at 1800 at the Vandenberg Religious Education Center. Please call Randee Van Ness at 734-3311, for more information or to enroll.

Family Support Center: (30MSS/DPF, 6-0039) To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit www.php-ids.com.

a. Office Hours: Family Support Center's customer service hours are from 0800—1600 except on Monday when the center will be closed for staff training from 0730—0930. Personnel requiring *emergency* Air Force Aid will be assisted. Call 6-0039.

b. BabyMeet: If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group meets every Wednesday, 0900—1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

c. Playtime for Tots: They meet Friday mornings at 1000—1100 at the Religious Education Center. This playgroup is for parents and the children ages 2 to 5. For more information call Jill at 757-9044.

d. Global Hearts Halloween Party: The Global Hearts Group invites families of deployed personnel, serving remote, or extended TDYs to a Halloween Party at the Saddle Club on 30 Oct 04, from 1100—1300. There will be hayrides, pony rides, games, prizes, craft activities, etc. Costume is optional and lunch will be provided. Please contact TSgt Sheila White at 6-0039 to sign up.

e. Global Hearts Group: Invites families of deployed troops, serving remote, or extended TDYs for our monthly gathering on 13 Nov 04, 1100—1300, at the Family Support Center, Bldg 10525. Lunch will be provided. Additionally, we will launch Operation Sweet Dreams. We will take photos of our deployed/remote/TDY families and transfer the photos on a pillowcase to be sent to the member. Please contact TSgt Sheila White at 6-0039 for more details.

30th Services Squadron: (30SVS/SVK, 6-0276)

a. Auto Hobby Shop: (30SVS/SVRA, 6-6014)

- **Used Car Lot:** Try selling your used vehicle through the Auto Hobby Shop. Place your vehicle on the used car lot for \$6 per two weeks. You also have the option of listing your vehicle on the Services Squadron web site.

b. Surf Lanes Bowling Center: (30SVS/SVBB, 6-3209/734-1310)

- **Airmen's Night:** Thursday, 1800—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Thunder Alley:** Friday, 2100—2400, Saturday, 2100—2400. Catch the ultimate glow-in-the-dark bowling experience!

c. Breakers/Beachcomber Dining: (30SVS/SVMF, 6-7540/734-1901)

- **National Chocolate Day:** 28 Oct 04. Satisfy your sweet tooth with a variety of chocolate delights.
- **Breakers Renovations:** The Breakers dining facility is currently closed for renovations to the heating, ventilation and air conditioning system. Consolidated dining will be available at the Beachcomber (Bldg 9190) on Nevada St in the 381st Training Group area.

d. Child Development Center: (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out how you can qualify.
- **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.

e. Family Child Care: (30SVS/SVYD, 6-3255)

- **Provider Training:** The need for child-care providers has never been greater! Help make a difference and become a licensed child-care provider. Call Gwendolyn Jones at 6-4639 or 6-3255.

f. Fitness Center: (30SVS/SVMP, 6-3832)

- **Rock Wall Climb:** 28 Oct 04, 1100—1300.
- **Trick or Treat Fun Run:** 29 Oct 04, 1200.

g. Information, Tickets & Travel: (30SVS/SVRO, 6-7976 or 6-1675)

- **Lakers Tickets:** Reserved seating for 8 season games. Tickets (transportation on your own) are very limited and need to be reserved NOW! Enjoy Lakers Basketball at the Staples Center. A non-refundable deposit of \$25.00 will reserve your seats. Regular season games \$45.00. Dates: 17 Dec 04 vs. Washington, 28 Jan 05 vs. New Jersey, 27 Mar 05 vs. Philadelphia, 29 Mar 05 vs. New York, 11 Apr 05 vs. Phoenix.

h. Library: (30SVS/SVMG, 6-6414)

- **Story Time:** 28 Oct 04, 1000. It is appreciated if you can sign up if you are attending to help plan

for supplies, but walk-ins are welcome.

- **Dial-a-Story:** The phone number is 606-4300 for this free story-telling service. Available 24/7, story changes Friday afternoons.
- i. **Marshallia Ranch Golf Course:** (30SVS/SVBG, 6-6262)
 - **Thanksgiving Turkey Shoot:** 20 Nov 04, 0730 shotgun start. Entry fee is \$10 per player. Tournament format will be two-person select shot with pairings decided by committee. Sign-ups are underway at the Pro Shop.
- j. **Natural Knead Massage:** (30SVS/SVMP, 5-4748)
 - **In-Office Massage:** Relax your head, neck and shoulders with in-office massage with Monica. \$1 per minute, available Monday/Wednesday/Friday from 1000—1200.
 - **In-Home Massage:** Enjoy a Swedish massage from Monica in the convenience of your own home. \$5 charge above regular cost for in-home visits. Available Mon—Fri after 1700.
- k. **Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
 - **Mountain Biking Trip:** 6 Nov 04, 0800—1600. Explore the beautiful back-country of California with this 20-mile bike ride through the Los Padres National Forest. Cost is \$15 per person. Reservation deadline is 4 Nov 04 at Outdoor Rec.
 - **Learn To Sail:** 20 Nov 04, 1030—1700. Get a comprehensive intro to the principles of sailing in this three hour course through the Santa Barbara Center. Sign up at Outdoor Recreation by 13 Nov 04.
- l. **Pacific Coast Club:** (30SVS/SVBO, 734-4375 or 734-4376)
Entertainment/Events:
 - **Fajita Dinner:** 27 Oct 04, 1700—2000.
 - **DJ Night w/ Variety Music:** 29 Oct 04, 2100—0200, in the E-Lounge.
 - **Karaoke Night:** 29 Oct 04, 1900—2300, in the Officers' Lounge.
 - **Halloween Party:** 30 Oct 04, 2100—0200. No host cocktails, light snacks and variety music by DJ Guy. Costume contests for best male, female and couple. Cost is \$5 for members and \$8 for non-members. Adults only, no kids please.
 - **Football Frenzy:** 1 Nov 04. Tailgate party starts at 1700 with \$1 burgers and hot dogs. Football toss at half-time. The match-up: Dolphins vs. NY Jets.**Menu:**
 - **Monday Madness:** Mondays from 1700—2000. Enjoy our all-you-can-eat pizza and spaghetti buffet with drink and soon to be famous pizza dessert. Regular - \$7.95, Members - \$5.95, children under 12-years of age - \$3.00. (No coupons)
 - **Fried Chicken Buffet:** Tuesdays from 1700—2000. Pacific Fried Chicken Buffet with dessert. Regular - \$8.95, Members - \$6.95.
 - **Kid's Night:** Wednesdays from 1700—2000. Children under 12-years-old get a 6-inch mini pizza with choice of toppings and soda - \$1.50. (No coupons)
 - **Pasta Mania Buffet:** Thursdays from 1700—2000. Regular - \$8.95, members - \$6.95, children under 12-years of age - half-price, children 4-years and under - free.
- m. **Rod & Gun:** (30SVS/SVBR, 6-4560)
 - **Open Shoot:** Open Trap & Skeet shoot Wednesday and Friday mornings at 0830.
 - **Holiday Party:** Looking for a place for your holiday party? The Rod & Gun has two rooms available to rent.
 - **Pistol Silhouette Shoot:** 6 Nov 04, 0900.
 - **Bowling Pin Shoot:** 7 Nov 04, 1000.
- n. **Skills Development:** (30SVS/SVRS, 6-6438)
 - **Winter Art Fair:** Sign-ups are underway for crafters. Reserve your space by 30 Oct 04 at Skills Development (Bldg 11193). Cost is \$25 for a single space and \$35 for a double. Hand-Crafted items only please. The Winter Art Fair will be held 6 Nov 04 on the bowling center lawn area.
 - **Advanced Stained Glass:** 6 Nov 04, 1100-1400. Four-part series meets on Saturdays (6, 13, 20, 27 Nov 04). Cost is \$25, sign up at the Skills Development Center.
 - **Children's Ceramics:** Saturdays from 1100—1330. This class is designed to introduce children to the art of ceramic casting. Cost is \$15.
- o. **Swimming Pool:** (30SVS/SVRO, 6-3581)
 - **Closed:** The pool will be closed for renovations starting 1 Nov 04.
- p. **Veterinary Clinic:** (30SVS/SVBV, 6-3019)
 - **Pet Registration:** All cats and dogs residing on Vandenberg AFB must be registered with the Veterinary Treatment Facility (VTF). All vaccinations including rabies and distemper combinations, must be up to date and kept on file. Please bring your animal's medical records to the VTF on an off-

clinic day to register you pet.

- **Pet Protection:** Protect your pets against fleas, ticks and heartworms with Frontline Plus and Heartgard, both available at the Vet clinic.

q. Youth Center: (30SVS/SVYY, 6-2152)

- **Family & Teen Talent Show:** 28 Oct 04, 1900, at the base theater. Doors open at 1830.
- **Harvest Festival:** 29 Oct 04, 1900—2100, at the Youth Center.

Education Center: (30MSS/DPHE, 5-5904)

a. FY 05 Basic Officer Training (BOT) Application Guide: The FY 05 Basic Officer Training Guide is out and contains several changes. Possibly the biggest change is it now allows for "nationally accredited" degree candidates. Interested applicants can download a copy of the guide at <http://www.rs.af.mil/rsoc/>. Copies are also available at the Education Center. Interested candidates can schedule appointments with the Education Center Guidance Counselor at 5-5904. The remaining FY 05 board schedule is listed below:

Board Number	Cut-off to HQ AFRS	Board Dates
05OT03 C	30 Nov 04	11-14 Jan 05
05OT04 N	08 Feb 05	28 Mar 05—1 Apr 05
05OT05 C	29 Mar 05	10-13 May 05
05OT06 C	21 Jun 05	2-5 Aug 05

b. Embry Riddle Aeronautical University: ERAU offers associate and bachelor degree programs in Professional Aeronautics (ASPA/BSPA) and Technical Management (ASTM/BSTM). We also offer three graduate programs: Master of Science in Management (MSM), Masters of Business Administration in Aviation (MBA/A) and Master of Aeronautical Science (MAS). The MAS has eight specializations including Safety and Space. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. For current information regarding registration, admissions and our programs call the office at 805-734-4076 or 606-6557. Registration for resident classes will begin 14 Dec 04 and lasts until classes begin 10 Jan 05. Additionally we have an extensive online catalog and over 150 locations worldwide. The next online term begins 15 Nov 04 for undergraduates and 7 Nov 04 for graduates with registration due two weeks prior to course beginning. Our application is now available online at <https://app.applyyourself.com/?id=erau-ec> making applying to Embry-Riddle a snap! Stop by and see us in the Education Complex, 144 Wyoming Ave. Room A-1. Office hours are Monday—Thursday, 0830—1730 and Fridays, 0800—1200. Our e-mail is Vandenberg.Center@erau.edu. (ERAU)

Computer Training: (InDyne, 6-3771)

a. Personal Computer Systems Training: Due to the pending migration to Windows XP and Office 2003, effective 04Oct, all PC Training classes held in Bldg 9360 are cancelled until further notice (EXCEPTION: LAN Access Training classes will continue to be held, as scheduled). We will be positioning our classroom computers to teach Office 2003. You will be advised as soon as the new schedule is developed. NOTE: ISSO, EC, C&A, EMSEC, etc. classes which are held at Bldgs 6525 and 9325 will continue as scheduled. To register, reply, or e-mail PC.Training@vandenberg.af.mil.

b. First Tip: Entering tabs in a Word table: When you create a table in Word, the **TAB** key takes on some special functions. First, pressing **TAB** when the insertion point is in the last table cell creates a new row. In addition, pressing **TAB** in any other cell moves the insertion point into the next cell. (You can press **SHIFT + TAB** to reverse direction.) But what if you want to insert a tab mark within a table? The trick is to hold down the **CTRL** key as you press **TAB**. Word then enters a tab mark just as if you'd pressed **TAB** outside the table.

Second Tip: Changing the color scheme for only selected slides in PowerPoint: You can easily change the color scheme for a group of slides in your presentation without changing the color scheme of the entire slide show. To do so, switch to Slide Sorter View, hold down the **CTRL** key as you click on the slides you want to change. Choose Slide Color Scheme from the Format menu, select a new color scheme, or create a custom scheme in the resulting Color Scheme dialog box, and then click **Apply**--only the selected slides should be affected.

c. Available Classes: Following are classes scheduled, which have open slots:

Class	Date(s)	Time
LAN Access Training	29 Oct 04	0800—1100
LAN Access Training	03 Nov 04	0800—1100
EMSEC Training	03 Nov 04	0800—1130
LAN Access Training	12 Nov 04	0800—1100

Items For Sale:

For Sale: 2004 Ford Expedition, Eddie Bauer, Wedgwood blue, 5.4 2x4, fully loaded (no nav), DVD system, tow pkg, 10,600 mi. New \$44,570 asking \$32,500. Have title for quick sale. Leave message at 934-8499.

For Sale: 2003 Nissan 350Z, Touring Edition, pearl white. All options except navigation, 6-speed, 21K miles, excellent condition. \$28,000/obo. Call 737-1621.

For Sale: 2003 Honda Civic LX, 4-Dr Sedan, blue, 5-speed, PW, PL, and AC. Excellent condition; 24,900 miles, asking \$12,900/obo. Contact Robert Mendoza at 734-2601 after 1630.

For Sale: 1999 Mitsubishi 3000GT SL, 68,800mi, white, new chrome rims/tires, leather, loaded w/features, sun roof, outstanding condition, fast! \$16,865/obo. Finance info available. Call 229-630-8915/737-8915.

For Sale: 1998 328i BMW, 98K miles, asking \$12,300. Automatic, fully loaded, leather, PS, PB, PW, sunroof, tint, rims, new tires, F&S airbags, alpine system, color: black. Call & leave msg at 805-260-9264.

For Sale: 1997 VW Golf GTI VR6 - 5-speed, PW, PS, PL, AC, sun/moon roof, new clutch, sound system, exhaust, intake, larger rotors, and 17" rims included. Asking \$5,700. Call 734-1364.

For Sale: 1995 Toyota Tercel DX, 2-dr, 145K miles, new tires, brakes & rotors, overall good condition, 30 mpg average, automatic, PS, 2 extra rear speakers, asking \$2,500. Call cell 367-7366.

For Sale: 1994 ACURA Integra, gray, 4-cyl, 5 speed, PS, PB, AC, PW, AM/FM cassette, alarm, new timing belt, very clean and well maintained. Must see to appreciate, 106K miles, asking \$4,800. Call 878-2533.

For Sale: 1989 Acura Legend L Coupe. High miles but great car! 2nd owner/all service records. BB value is \$2,575, asking \$2,200/obo. Call 598-2856/349-2912.

For Sale: 1969 Cutlass Supreme Fastback V8 350 rocket, 134k miles, new red paint, runs great, no smog needed, only \$3,900. Call 734-2299

For Sale: 2002 Honda CBR600 F4i, red/black. Great condition, 9K miles. Very fast, a great beginner bike.. Asking \$5,500 for bike, helmet, gloves & matching textile jacket. Serious inquiries only. Call Doug 588-6409.

For Sale: 2000 Honda Nighthawk 750cc. 49 state motorcycle. Like new only 3,000 miles. NADA low \$2,485, high \$3,270. Asking \$3,000/obo. Call Bill at 734-0326.

For Sale: 1994 Honda CR250, runs excellent, always serviced. Pro Taper bars, Renthal gold chain, skid plate, frame guards, extra plastics, etc. Asking \$2,100. Call 733-2551.

For Sale: 1992 Honda Shadow 1100cc, new voltage regulator, needs a new back tire. Runs very well. Asking \$1,800. Call Steve at 934-7882.

For Sale: 1973 Larson 18' boat, seats 7, needs inboard motor. \$723 is a steal, my loss. Call 734-2299.

For Sale: (4) MotoX bikes: CR 80, 2001, \$1,300; CR 125, 2004, \$4,100; CR 125, 1989, \$1,000; CR 250, 1997, \$1,800. All 2-stroke. 250/80 rebuilt top ends. Call Rick at 588-4262/736-3774 FMI.

For Sale: Craftsman 17.5 hp lawn tractor, near new, runs well. New \$1,200, sell \$ 850. Call 734-0552.

For Sale: RCBS Rockchucker Master Supreme reloading kit. Sturdy, single-stage reloading press & accessories. Great for the beginning reloader. Worth \$270 new, asking \$180/obo. Call Ray at 588-7512.

For Sale: Huge chain link fence (over 180 feet), complete with all poles, gate, and accessories, \$350. Large dog house, \$35. Large dog crate, \$35. Back door with built-in large dog door, \$75. Call 734-0098.

For Sale: Heavy duty washer & electric dryer. \$120/obo. Call SrA Sullivan, 307-256-6604 FMI.

For Sale: 14' trampoline, \$100; kids bikes, \$25 ea.; 26" 18-speed bike, \$30; chest & night stand, \$55; metal bunk bed w/futon, \$150; metal twin bed, \$75; Total Gym 1000, \$125. Call 737-4477/588-4336/7.

For Sale: Officer Mess Dress, 38R jacket, 31/32 W pants, excellent cond. asking \$70. Call 734-3340 FMI.

For Sale: College football tickets. (2) Hawaii vs. Fresno State tickets for Friday, 12 Nov 04, at 1930 at Fresno for face value of \$30 ea. Must sell. Call Ken 588-2753 days/735-9140 after 1700. Great teams/location.

Free: Free - if you take it away, Kenmore refrigerator, white, outer dimensions 33w x 67t x 29d, works great. Located in Pismo Beach. Call Wayne at 805-215-9984 FMI.

Free: Free - to a good home, 7 1/2-month-old female half Queensland heeler and half pit-bull. She is spayed. Shy at first but very friendly. She has black & white spots. If interested please call 734-5691.

Wanted: Dog crate for dogs ranging from 40—60lbs. Call 734-1133.